



FITLUUD
FITNESS MOTIVATION GURU

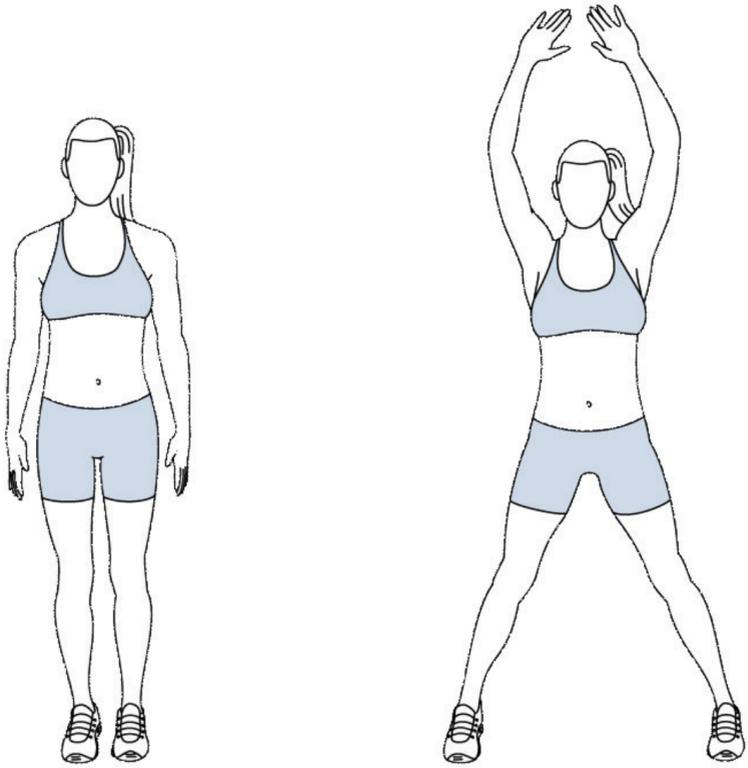
**FREE 5 DAY FITNESS RESET
CHALLENGE**

DAY 2 WORKOUT

DAYS 1-5 WARMUP VISUAL GUIDE

Do this same warm up every day this week
before the workout.

Do each warm up exercise for 1 minute

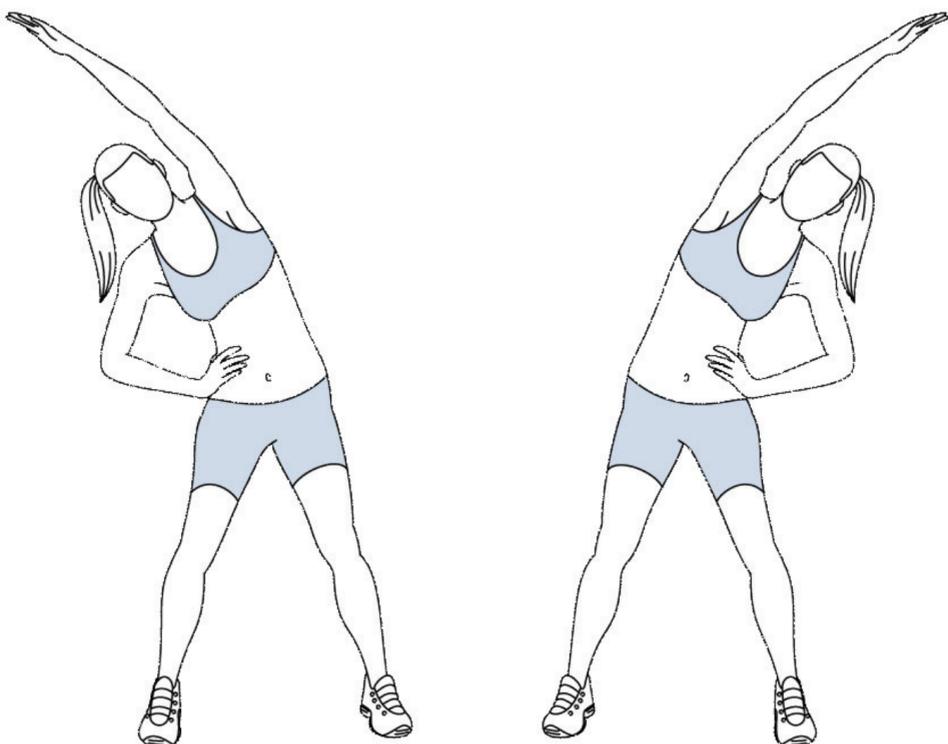
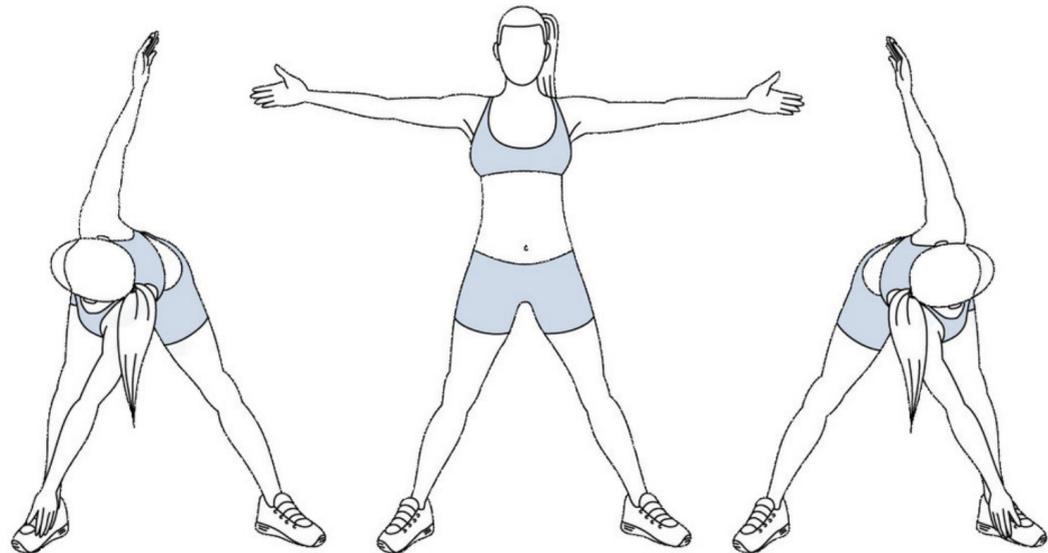


Jumping Jacks

Modify by stepping out instead of jumping

Opposite Toe Touch

Remember to engage your core by pulling your naval to spine



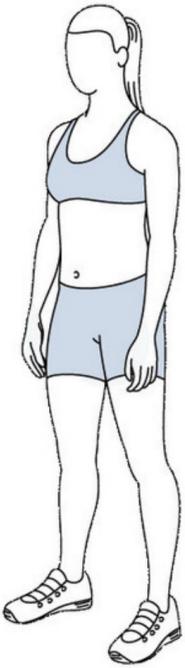
Side Bends

Bend from side to side reaching arm up and over alternate sides



WORKOUT DAY 2

Squat



Squat as low as you can. Shift your bodyweight in your heels and squeeze your glutes as you return to standing position. *Modify by not squatting as low *Intensify by holding dumbbells or stepping on resistance band and holding handles at shoulders

Pushups

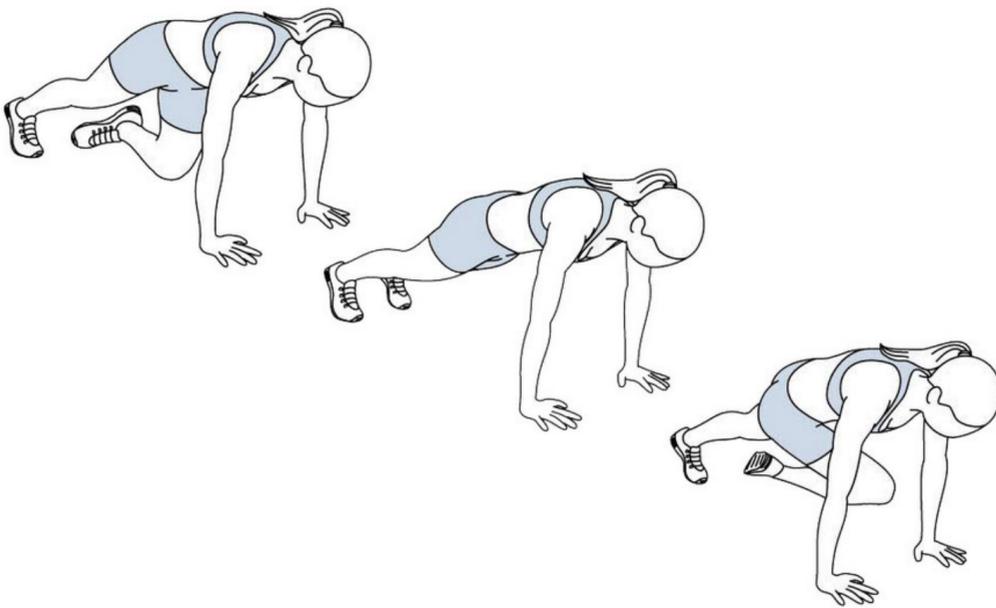


Bring your shoulders over your wrists and lower yourself to the floor push back to start. *Modify on your knees *Intensify by elevating your feet on a couch or raised surface

WORKOUT DAY 2

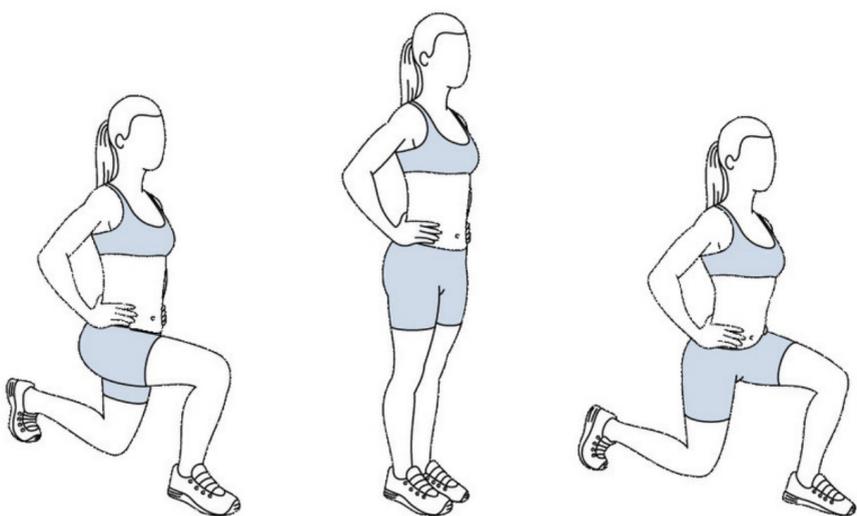
Alternating Knee to Elbows

Start in a plank position as shown. Bring right knee to left elbow. Return to start. Repeat on the other side. That is one rep. Remember to tighten your core and bring your naval to spine.
*Modify and hold plank position for 30 seconds.
*Intensify and move quickly jumping knees in towards



Lunge

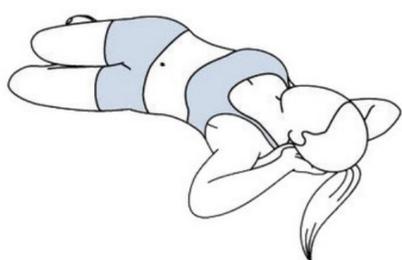
Start by stepping out with your right leg into a lunge position as shown and allow knee to lower as close to the ground as possible. Return to start. Repeat on left leg. This is one rep. *Modify and do not go as low *Intensify and hold dumbbells



WORKOUT DAY 2

Side Crunches

Lay flat as shown and allow knees to drop to one side. Interlace hands behind neck and crunch up for prescribes reps. Keep chin off off your chest and eyes on the ceiling. Repeat on the other side. *Modify and keep knees from dropping to the side and do a regular crunch. *Intensify and do not allow feet to rest on the ground. Hover them slightly.

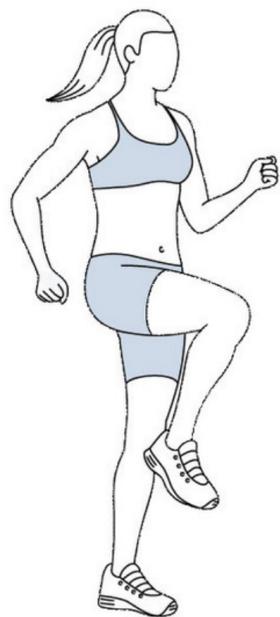


High knees

*Cardio Blast

*Optional

For maximum fat burning results do this cardio blaster for 1 minute after each completed circuit.



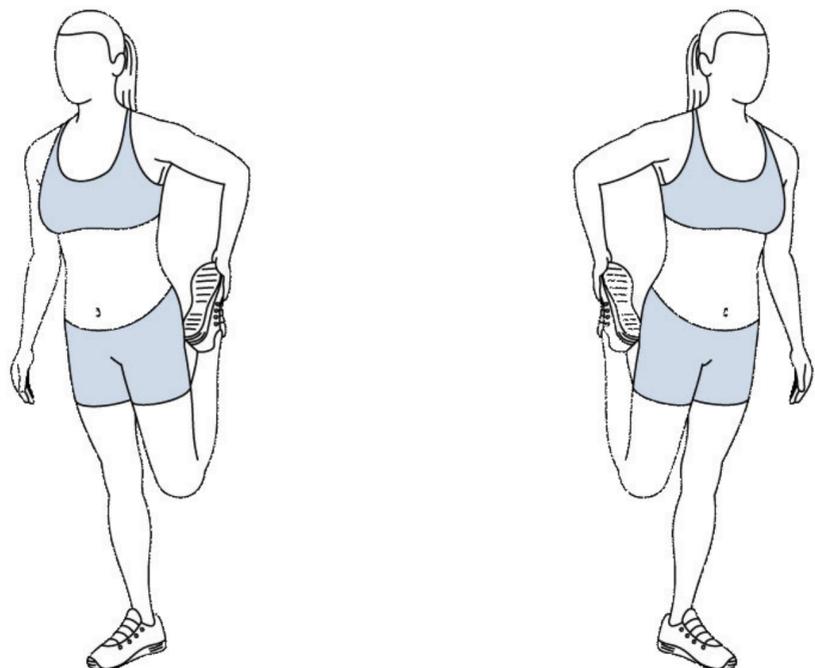
Moving as fast as possible perform high knees. *Modify and do not jump knees up-march in place. *Intensify and run in place



COOL/DOWN AND STRETCH DAY 1-5

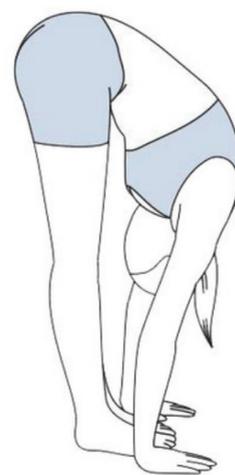
Do this cool down after every workout this week.

Hold each stretch as shown for 1 minute



Quad Stretch

Forward Fold/Hamstring Stretch



Laying twist



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Congrats Rockstar! You have completed Day 2 of your Challenge! Don't forget to let the crew in our Facebook group hear all about your success and post about your workout in the "Fit in 5 Tribe" *Post a picture of you after your workout! Keep tallying your points and be on the look out for an email for your Day 3 workout!